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Tuesday

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URIEL SINAI/AP/GETTY IMAGES

DESPERATION

Aid arrives in Haiti, but most victims still face a fight to survive **6**

REPLACING KENNEDY

Democrats hope the president can salvage a critical Senate race **3**

RISEING STARS

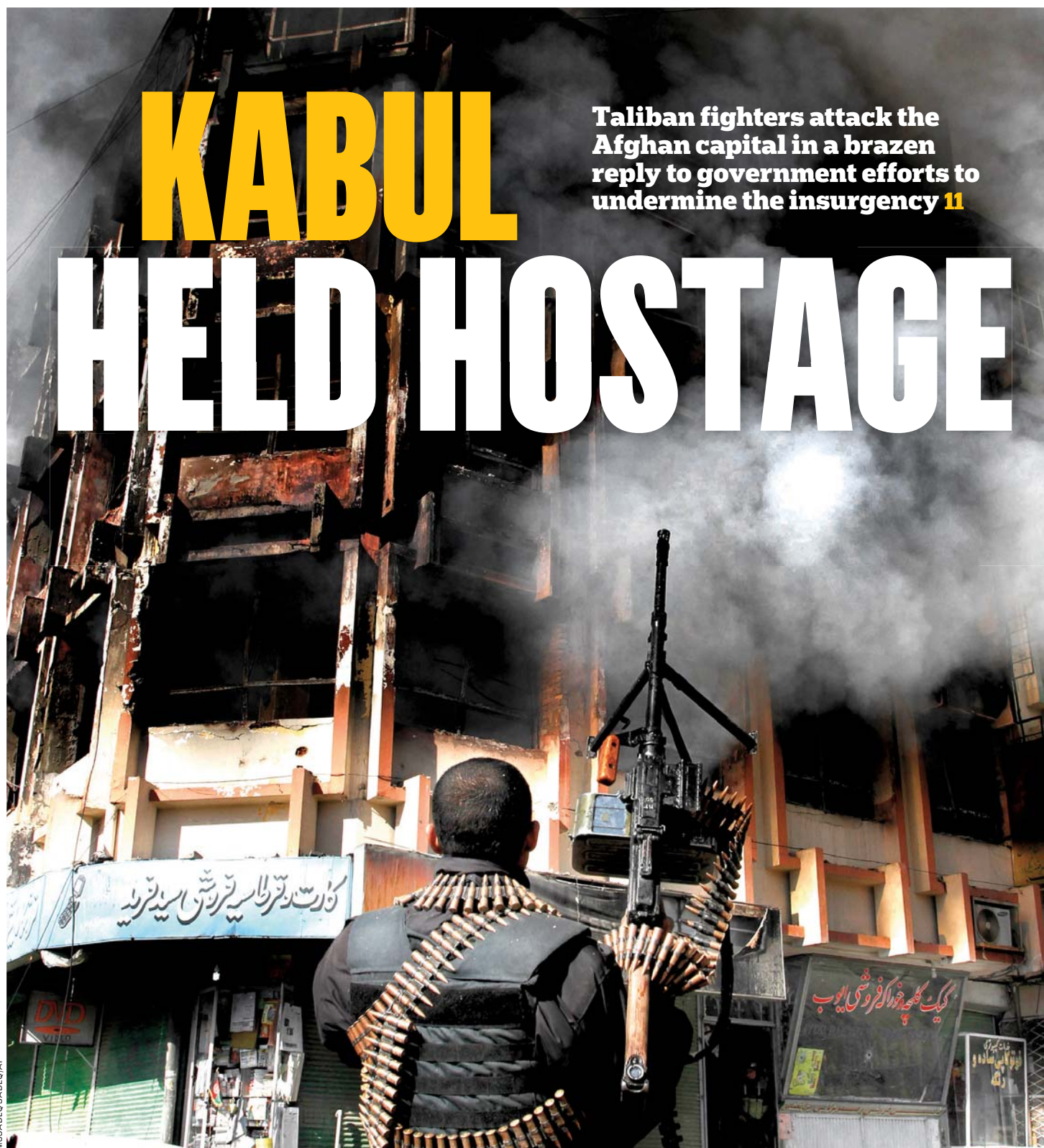
On 'Idol' and as an industry mogul, Kara DioGuardi is making her mark **31**



FOR EXTENDED FORECAST, SEE PAGE 37

KABUL HELD HOSTAGE

Taliban fighters attack the Afghan capital in a brazen reply to government efforts to undermine the insurgency **11**



An Afghan police officer points his heavy machine gun toward a shopping center in central Kabul that was gutted during a bold daytime attack by Taliban militants on Monday.



EYE OPENERS

Hey, Internet, Here's Some Crappy Secondhand Porn

Drivers in downtown Moscow squinted in disbelief as an electronic highway billboard blazed a two-minute pornographic video instead of its regular advertising clips Thursday. Some people took pictures of the sight with their mobile phones and posted them on the Internet. The screen's owner, 3 Stars, said a hacker attack was likely to blame. Police were investigating the incident. (AP)

'Instructions Found on the Internet' Always Bad Sign

Fire officials said a San Diego middle school was evacuated when a student's science project was mistaken for a bomb. An arson team took photos and X-rays of the empty plastic bottle with wires and determined it was harmless. The 11-year-old boy was trying to build a motion detector from instructions he found on the Internet and parts he bought with help from his dad. (AP)

Evil Eye Swears It Was Getting LASIK That Day

In the latest bizarre claim to come out of Romania's presidential race, the loser claims he was subject to attacks of negative energy by aides of President Traian Basescu during a debate. Mircea Geoana, who lost the Dec. 6 runoff, claimed Basescu ordered the attacks against him. Geoana's wife, Mihaela, said her husband "was very badly attacked; he couldn't concentrate." (AP)

The Big Picture

JAVIER SORIANO/AFP/GETTY IMAGES



HORSEMEN LEAP over a bonfire in the central Spanish village of San Bartolome de Pinares to kick off celebrations for the feast of Saint Anthony, the patron saint of animals, on Sunday. According to tradition, the fire and smoke purify the animals after they've been blessed by a priest. (EXPRESS)

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Study: Men Gain More In Marriage

Trends

Historically, marriage was the surest route to financial security for women. Nowadays it's men who are increasingly getting the biggest economic boost from tying the knot, according to a new analysis of census data.

The changes, summarized in a Pew Research Center report released Tuesday, reflect the proliferation of working wives over the past 40 years — a period in which American women outpaced men in both education and earnings growth. A larger share of today's men, compared with their 1970s counterparts, are married to women whose education and income exceed their own.

"From an economic perspective, these trends have contributed to a gender role reversal in the gains from marriage," wrote the report's authors.

One barometer of the change is median household income, which rose 60 percent between 1970 and 2007 for married men, married women and unmarried women, but only 16 percent for unmarried men, according to the Pew data.

DAVID CRARY (AP)



ELISE AMENDOLA/ROBERT F. BUKATY/AP

Democrat Martha Coakley, left, and Republican Scott Brown, right, are vying for the U.S. Senate seat that Edward M. Kennedy of Massachusetts held for nearly 47 years.

Mass. Hopefuls Fight to the End

Obama makes plea to voters in race that could derail agenda

Boston

Nearly one year to the day after President Obama was sworn into office as an agent of change, Massachusetts Senate candidates battled to the wire Monday in an election that threatened his agenda and reflected voters' frustration with the status quo.

Democrat Martha Coakley and Republican Scott Brown scoured the state for votes on the eve of

the special election to succeed the late Edward M. Kennedy, with the Democrats' 60-vote supermajority at stake.

From a distance, the president made one last appeal in a TV ad for Coakley, his words reflecting how much was on the line for Democrats in the face of a surprisingly strong challenge by Brown.

Obama needs Coakley, the state's attorney general, to win to deny Republicans the ability to block his initiatives — specifically the near-complete health care plan — with a filibuster-sustaining 41st Republican vote.



"Every vote matters. Every voice matters. We need you on Tuesday."

— PRESIDENT OBAMA, IN A TELEVISION AD FOR MARTHA COAKLEY THAT WAS RELEASED MONDAY IN A LAST-MINUTE EFFORT TO RALLY DEMOCRATIC VOTERS.

A Suffolk University survey taken Saturday and Sunday shows Brown with double-digit leads in three communities the poll identified as bellwethers: Gardner, Fitchburg and Peabody. But internal statewide polls for both sides show a dead heat.

Special elections tend to draw relatively few voters, but Republicans and Democrats predicted a high turnout Tuesday. The Massachusetts electorate, like the country at large, is dissatisfied with the country's direction, and those disgruntled voters are expected to vote their passions in droves. BETH FOUHY (AP)

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Reputed Al-Qaeda Backer Goes on Trial

Prosecutors: Woman grabbed gun in U.S. compound and fired

New York

The strange case of Dr. Aafia Siddiqui is riddled with curious questions.

Why did she surface in Afghanistan in 2008 carrying notes that authorities claim referred to a “mass casualty attack”? How did she end up in an alleged shootout after her capture? And will she keep up her courtroom rants?

Jurors should get some answers on Tuesday when Siddiqui goes on

trial for attempted murder and assault in federal court in Manhattan. The defendant — a frail-looking reputed al-Qaeda associate and neuroscience specialist trained at the Massachusetts Institute of Technology — has already offered her own odd objections and commentary.

“There’s too many lies, injustices and hypocrisies here,” she said last week during jury selection.

Siddiqui hasn’t been charged with terrorism. But her case has drawn attention in part because authorities have accused her of fleeing the United States to her native Pakistan in 2003 after marrying an al-Qaeda operative relat-



Accused al-Qaeda associate Dr. Aafia Siddiqui is seen after being taken into custody in Ghazni City, Afghanistan. Siddiqui, a neuroscientist, goes on trial this week.

ed to Khalid Sheik Mohammed, the mastermind of the Sept. 11 terror attacks.

Afghan police turned Siddiqui over to U.S. authorities, along with a handwritten list she was carrying of New York City landmarks, prosecutors said.

The government’s version of what happened next adds to Siddiqui’s mystique: Prosecutors say that while waiting to be interrogated in a police compound, she picked up a rifle, announced her “desire to kill Americans” and fired. She missed but was wounded by return fire.

Siddiqui has denied ever shooting the gun. TOM HAYS (AP)

Cigarette Makers to Hand Over List of Ingredients

Richmond, Va.

U.S. regulators are working to lift the smoke screen clouding the ingredients used in cigarettes and other tobacco products.

In June, tobacco companies must tell the Food and Drug Administration their formulas for the first time, just as drugmakers have for decades. Manufacturers also will have to turn over any studies they’ve done on the effects of the ingredients.

It’s an early step for an agency

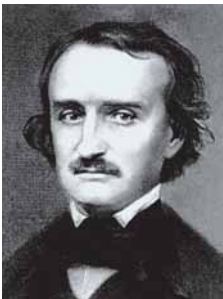


The FDA can now regulate cigarettes.

just starting to flex muscles granted by a new law that took effect last June that gives it broad power

to regulate tobacco far beyond the warnings now on packs, short of banning it outright.

Companies have long acknowledged using cocoa, coffee, menthol and other additives to make tobacco taste better. The new information will help the FDA determine which ingredients might also make tobacco more harmful or addictive. It will also use the data to develop standards for tobacco products and could ban some ingredients or combinations. MICHAEL FELBERBAUM (AP)



EDGAR ALLAN POE'S fertile imagination has endured for more than 150 years — and so has his pale, death-haunted image, with sunken eyes, a trim mustache and unruly hair. However, scholars now say Poe looked far more vigorous, perhaps even dashing, in his early adult years. The more robust Poe is captured in a small watercolor by A.C. Smith that will be unveiled to the public for the first time on Saturday. (AP)

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Coming Soon to COLUMBIA

Desperation Spreads in Haitian Capital

Security deteriorates as quake survivors try to find food, water

Port-au-Prince, Haiti

Troops, doctors and aid workers flowed into Haiti on Monday even while victims of the quake that killed an estimated 200,000 people still struggled to find a cup of water or a handful of food.

European nations pledged more than a half-billion dollars in emergency and long-term aid, on top of at least \$100 million promised earlier by the U.S.

But help was still not reaching many victims of Tuesday's quake — choked back by transportation bottlenecks, bureaucratic confusion, fear of attacks on aid convoys,



A man helps a girl board an overloaded bus headed out of Port-au-Prince on Monday.

the collapse of local authority and the sheer scale of the need.

Looting spread to more parts of downtown Port-au-Prince as hundreds of young men and boys clambered up broken walls to break into shops and take whatever they could find. Especially prized was toothpaste, which people smeared under their noses to fend off the stench of decaying bodies.

At a collapsed and burning shop in the market area, youths used broken bottles and machetes to battle for bottles of rum, and police fired shots to break up the crowd.

"I am drinking as much as I can. It gives courage," said Jean-Pierre Junior, wielding a broken wooden plank with nails to protect his bottle of rum.

Even so, the U.S. Army's on-the-ground commander, Lt. Gen. Ken

Keen, said the city is seeing less violence than before the quake.

U.S. officials say about 2,200 Marines are set to join 1,700 U.S. troops now on the ground, and U.N. Secretary-General Ban Ki-moon announced Monday he wants 1,500 more U.N. police and 2,000 more troops to join the existing 7,000 military peacekeepers and 2,100 international police in Haiti.

While aid workers tried to make their way into Haiti, many people tried to leave. Thousands tried to board buses headed from the capital to the countryside.

Outside the U.S. Embassy in Port-au-Prince, hundreds of U.S. citizens, or people claiming to be, waved IDs as they formed a long line in hopes of arranging a flight out of the country. **ALFRED DE MONTESQUIOU AND MICHELLE FAUL (AP)**



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U.N. Clears Space for Aid Flights

Planes with medicine, food to get priority at Port-au-Prince airport

Rome

The U.N. food agency reached an agreement Monday with the U.S.-run airport in the Haitian capital to give aid flights priority in landing — a deal that came after the U.S. military was criticized for giving top billing to military and rescue aircraft in the wake of last week's massive earthquake.

The United States has taken over the Port-au-Prince airspace, and incoming flights have to register with the Tyndall Air Force Base in Florida.

But an air slot system similar to one used during the Indonesian tsunami emergency and the Pakistan earthquake has been established to make sure that planes carrying food and medicine get priority in landing, World Food Program executive director Josette



People cling to a tree as a U.S. helicopter flies over a refugee camp in Port-au-Prince.

2 million

The number of people in Haiti who need food, according to the U.N. The WFP reported that 67,000 people received food Sunday and 97,000 were expected to get meals Monday.

Sheeran told reporters.

"Even though the slots are limited and the need is great, we now have the coordination mechanism to prioritize the humanitarian flights

coming in," Sheeran said.

Over the weekend, the aid group Doctors Without Borders complained of skewed priorities and a supply bottleneck at the airport amid reports that U.S. military flights were getting priority. French, Brazilian and other officials complained about the airport's refusal to let their aid planes land, forcing many flights to end up in the Dominican Republic, a day's drive away. **NICOLE WINFIELD AND RAF CASERT (AP)**

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World

Pope Assailant Is Freed in Turkey

Gunman who shot
John Paul II in 1981
emerges from prison

Ankara, Turkey

The Turkish man who shot Pope John Paul II nearly 29 years ago emerged from prison Monday, declared himself a messenger from God, then spent his first night of freedom in a luxury hotel room.

Mehmet Ali Agca, 52, said he would talk to the media in the next few days.

But it seemed doubtful that his comments would clear up uncertainty over whether he acted alone or had the backing of communist agents, as he once claimed. He has issued contradictory statements over the years, and there are questions about his mental health.

Agca shot John Paul on May 13, 1981, as the pope rode in an open car in St. Peter's Square. The pontiff was hit in the abdomen, left hand and right arm.

John Paul met with Agca in Italy's Rebibbia prison in 1983 and forgave him.

After his release Monday, Agca waved to journalists and sat calmly between two plainclothes police-



Mehmet Ali Agca, who shot Pope John Paul II in 1981, arrives at a hotel Monday.

men in the back of a sedan that took him to a military hospital. There, doctors concluded he was unfit for compulsory military service because of "severe anti-social personality disorder," said his lawyer, Yilmaz Abosoglu.

After arriving later at the five-star Sheraton hotel, he addressed reporters in English.

"In the name of God Almighty, I proclaim the end of the world in this century. All the world will be destroyed; every human being will die. I am not God, I am not son of God; I am Christ eternal," Agca said.

Agca, who has previously claimed to be the Messiah, said the Gospel was full of mistakes and he would write the perfect one.

SUZAN FRASER (AP)

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World

In Brief



Angela Merkel, right, welcomes Benjamin Netanyahu to Berlin on Monday.

BERLIN
Israel, Germany Support Tougher Iran Sanctions

Israel's Cabinet convened Monday for the first time in Berlin for a special joint session with the German government. After the session, Israeli Prime Minister Benjamin Netanyahu and German Chancellor Angela Merkel warned that Iran will face new sanctions if it doesn't change course on its nuclear program. (AP)

JOS, NIGERIA
Church Blaze Spurs Riot

Angry Muslim youths set a church filled with worshippers ablaze in northern Nigeria, starting a riot on Sunday that killed at least 27 people and wounded more than 300 others in the latest religious violence in the region, officials said Monday. (AP)

BRAMPTON, ONTARIO
Toronto 18 Ringleader Is Given Life Sentence

A Canadian judge on Monday sentenced the ringleader of a homegrown terrorist plot to set off truck bombs in Ontario to life in prison. Zakaria Amara, 24, pleaded guilty in October. He acknowledged being part of the so-called Toronto 18 plot to set off bombs at Toronto's Stock Exchange, with the aim of scaring Canada into removing its troops from Afghanistan. (AP)

NAIROBI, KENYA
Somali Pirates Free Ship

Somali pirates released a Greek supertanker and its crew of 28 after the delivery of \$5.5 million in ransom, a negotiator said Monday. A shootout between rival Somali pirate gangs had threatened to turn the vessel into a massive fireball until bandits begged the anti-piracy force for help. (AP)

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Running Scared in Kabul

The Taliban's brazen assault stokes fears over security in Afghanistan's capital

Kabul

Taliban militants wearing explosive vests launched a brazen daylight assault Monday on the center of Kabul, with suicide bombings and gunbattles near the presidential palace and other government buildings that paralyzed the city for hours.

Afghan forces along with NATO advisers managed to restore order after nearly five hours of fighting as explosions and machine gunfire echoed across the mountain-rimmed city, sending terrified Afghans racing for cover. Twelve people were killed, including seven attackers, officials said.

The assault by a handful of determined militants dramatized the vulnerability of the Afghan capital, undermining public confidence in President Hamid Karzai's government and its U.S.-led allies.

The attacks also suggested that the mostly rural Taliban are prepared to strike at the heart of the Afghan state — even as the United States and its international partners are rushing 37,000 reinforcements to join the eight-year war.

"We are so concerned, so disappointed about the security in the capital," said Mohammad Hussain, a 25-year-old shopkeeper who witnessed the fighting. "Tens of thousands of U.S. and NATO troops are being sent to Afghanistan, yet security in the capital is deteriorating."

The violence began shortly before 10 a.m. and persisted until mid-afternoon with attacks at four locations within an area of less than one square mile. It was the biggest assault on the capital since Oct. 28, when three gunmen with automatic weapons and suicide vests stormed a guesthouse U.N. staff used, killing at least 11 people including five U.N. workers. Taliban suicide



An Afghan security officer stands at the scene of one of Monday's attacks in Kabul. Despite the influx of Western forces, Afghans say they fear for their safety in the capital.



Afghan security forces cheer in a public market after clashes with Taliban militias in Kabul on Monday. The series of attacks paralyzed the Afghan capital for hours.

Monday's Wave of Attacks

► **9:50 a.m.** In the first assault, a suicide bomber detonated his explosives at Pashtunistan Square, a major intersection near the gates to the presidential palace, the Central Bank and the luxurious Serena Hotel.

► **9:55 a.m.** A band of three more attackers, hiding their explosives in heavy gray shawls, stormed a shopping center. Two bombers were killed when they set the four-story structure ablaze.

► **11:17 a.m.** Another suicide attacker drove toward the area in an ambulance but blew himself up after he was challenged near the Education Ministry.

► **1 p.m.** Three other attackers entered another commercial building housing offices and stores, holding off security forces for about two hours before they were killed.

bombers and gunmen also struck government buildings in the capital in February 2009, killing more than 20 people.

But Monday's fighting persisted longer than any initiated by the Taliban in the capital since they were driven from power by the U.S. and its allies in 2001.


Flights into Kabul International Airport were suspended for several hours. Many shops closed, and the city's normally congested streets were largely empty of vehi-

cles. Large plumes of white smoke rose into the cloudless sky.

The top U.S. and NATO commander, Gen. Stanley McChrystal, said the attack was "yet another example of [Taliban] brutality and contempt for the Afghan people."

However, many Afghan civilians expressed alarm that their city was so vulnerable. "Today it looks like a coup," said Abdul Rahman Hamed, 38, who ran with his son from his shop. "Everybody said, 'The city is full of suicide bombers.'" (AP)

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Local

A Tea Party in Richmond

More than 1K people rally to call for state rights, limited taxes

Richmond, Va.

Members of various groups affiliated with the so-called Tea Party movement made a show of strength in Richmond Monday, rallying more than 1,000 demonstrators for a Capitol Square protest and then flooding the General Assembly building to meet with lawmakers.

The Martin Luther King Day holiday is traditionally considered Lobby Day in Richmond, with dozens of groups taking advantage of the day off from work to send members to the capital city. But the Tea Party group appeared to be the largest in recent memory.

Wearing “Don’t Tread on Me” stickers and holding signs calling for states rights, a reacknowledgement of the 10th Amendment of the Constitution, limited taxes, less government spending and — above all — a rejection of the fed-

eral health care bill, the group listened to almost two hours worth of speakers, including rousing addresses from Virginia’s new attorney general, Ken Cuccinelli, and Delegate Bob Marshall.

“This Obama-care is not only a fight over health insurance. It’s not even a fight over payback to political help,” Marshall said. “This is a fight for — are you a citizen or are you a serf? It’s not your wallet that they want, it’s your soul and your family.” ROSALIND HELDERMAN (THE WASHINGTON POST)

A Holiday of Service



SARAH L. VOISIN/TWP

VOLUNTEERS INCLUDING AmeriCorps member Mary Knox Zealy, right, work on a mural at Powell Elementary School in Northwest D.C. during a Martin Luther King Day event Monday. Greater DC Cares organized the event.

Man Dies After Va. Police Taser Confrontation

Arlington, Va.

A 36-year-old District man died Sunday night after struggling with Arlington County police officers who used a Taser in an attempt to subdue him, authorities said.

Arlington police said William R. Bumbrey III, who was suspected of stealing from a nearby pharmacy, was on the platform at the Pentagon City Metro station when an officer approached him. Police said the officer used his Taser, which administers an electric jolt and is designed to be safer than using a firearm, after Bumbrey became aggressive and refused to respond to spoken orders.

Police said Bumbrey struggled with the officer and a second who arrived to assist. Bumbrey later died.

MARIA GLOD (THE WASHINGTON POST)

The Lotteries

Monday, Jan. 18

District

Mid-day Lucky Numbers	9-9-8
Evening Lucky Numbers (Sun.)	7-7-9
Mid-day DC 4	4-4-5-8
Evening DC 4 (Sun.)	6-3-3-6
Mid-day D.C. Five	1-8-8-8-3
Evening D.C. Five (Sun.)	1-2-1-6-0
Daily 6 (Sun.)	6-15-16-19-27-38 (25)

Virginia

Mid-day Pick 3	6-6-0
Evening Pick 3 (Sun.)	3-0-8
Mid-day Pick 4	1-0-2-9
Evening Pick 4 (Sun.)	6-4-8-5
Mid-day Cash 5 (Sun.)	8-10-11-20-21
Evening Cash 5 (Sun.)	6-16-28-33-34

Maryland

Mid-day Pick 3	7-9-1
Evening Pick 3 (Sun.)	7-6-2
Mid-day Pick 4	9-2-2-4
Evening Pick 4 (Sun.)	2-8-1-1
Match 5 (Sun.)	13-23-26-34-37 (1)

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Personal Finance

It's not a credit card or a debit card. If you've never had a charge card, you may wonder how it compares to the plastic you already carry.

Charge cards — primarily issued by American Express — require cardholders to pay off balances in full each month. There are no interest rates or hard-and-fast spending limits.

The premise may intrigue anyone disgruntled by harsher terms on their credit cards. Yet charge cards aren't for everyone and come with their own costs.

Do I Qualify?

American Express doesn't disclose its approval standards, but it's safe to say you need a solid credit background to qualify. The card application asks about your income and savings, so those factors could help if your credit score is just so-so.



AREN BLIEBER/AFP/GETTY IMAGES

What Are the Fees?

American Express charges annual fees ranging from \$25 to \$450. That includes membership in the company's rewards program and additional perks, depending on the card you pick.

Whether an annual fee is worthwhile depends largely on your

spending habits. You'll want to estimate how much you're likely to charge and whether you'd earn enough points to recoup the fee.

If you have a rewards credit card with no fee that you're happy with, a charge card might not be worthwhile. You can compare the rewards you earn now with the

points AmEx gives at Americanexpress.com.

You also want to be sure you can pay your entire balance on time. Otherwise, American Express charges a late fee of \$35 or 2.99 percent of the balance (whichever is larger).

Will I Have a Credit Limit?

American Express monitors your credit report and buying habits to continually adjust your spending limit. The company won't tell you your cap, but you can call customer service for guidance if you're worried about a large purchase not going through. The upside is that you can't incur over-the-limit fees.

Any Other Perks?

A key benefit American Express offers is its customer service, which is available around the clock. You also get perks typically not offered with credit cards. For example, the company announced this week that rewards points can now be used to pay state and federal income taxes.

CANDICE CHOI (AP)

DISCUSSIONS

Online Giving

Scammers emerge as predictably as earthquake aftershocks following natural disasters, making it imperative for consumers to be wary of unsolicited appeals to aid victims in the aftermath of the Haitian disaster.

Watch what you click.

Don't click on links or open attachments contained within aid-related spam, even if they claim to contain pictures of the tragedy in Haiti. The attachments may be viruses.

Do your homework.

Examine the Web address of a purported group before making a donation. Avoid ones that end in a series of numbers and be aware that most nonprofits have sites that end with .org, not .com.

Be wary of long forms.

Be extremely skeptical of Web sites that ask for detailed personal information, such as your Social Security number, birth date or bank account and PIN information. That may leave you vulnerable to identity theft. (AP)

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E-mail: recycle@montgomerycountymd.gov • Fax: 240-777-6465 • TTY: 240-777-6442

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

Know the filing deadline for your business:

- **Large** businesses (250 or more employees): **FEBRUARY 1st**
- **Medium** businesses (100-249 employees), selected **small** businesses (less than 100 employees), and **commercial property owners**: **MARCH 1st**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to www.montgomerycountymd.gov/recycling.

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Capitals Learn From the Best



The Capitals

An emphasis on developing draft picks, a high-flying offense led by skilled European forwards, a disdain for fighting and the flexibility to play multiple styles — these have all become trademarks of the Washington Capitals' resurgence from NHL afterthought to the hottest ticket in town over the past five years.

But years before the Alex Ovechkin era began here in D.C., there was another organization already

"If we're like Detroit, we're doing something right."

— CAPS GM GEORGE MCPHEE

following the same template. When asked before the season which team, past or present, he thought of when molding these Capitals, General Manager George McPhee said the Detroit Red Wings, who will be at Verizon Center Tuesday night to face Washington.

"Putting as much talent in the lineup as possible — that's what they believe in and they're not



The Capitals have built around offensive weapons such as Alexander Semin.

wrong," McPhee said.

But if there's one thing to learn from the one of the league's dominant franchises, especially this season, it's that being so good for

so long can present some interesting decisions. Up against the salary cap wall this summer, Detroit watched forwards Marian Hossa, Mikael Samuelsson and Jiri Hudler

A Model for Success

Led by talented Russian center Pavel Datsyuk and versatile Swede Henrik Zetterberg up front, and the venerable Nicklas Lidstrom in the back end, the Red Wings have become the NHL franchise every team aspires to be, with playoff appearances every year since 1990. During that time, they've won the Stanley Cup four times and advanced to at least the Western Conference finals 10 times. (MO)

leave for greener pastures.

It's a dilemma the Capitals may find themselves in soon. Even with Ovechkin and defenseman Mike Green locked into long-term deals, and the recent one-year contract extension given to Alexander Semin, the Capitals may not have enough money to retain 11 other players, including Nicklas Backstrom and Tomas Fleischmann, who need new deals.

Even with its free-agent losses and a recent wave of injuries, Detroit still sits only one point out of the playoff race as it continues to prove its resiliency. "It's a model franchise, and I think every team, in their wishes, would like to model themselves after that team," said Caps coach Bruce Boudreau.

MARK GIANNOTTO



Caron Butler, left, battles for a rebound.

Wizards Make It Two Straight With 97-92 Win

The Wizards

Antawn Jamison scored 21 of his 28 points after halftime, Caron Butler made two big baskets down the stretch, and the Washington Wizards put together a rare winning streak Monday with a 97-92 victory over the Portland Trail Blazers.

Jamison was 3 for 10 from the field at halftime, but he shot 7 of 11 in the second half in a game that was close throughout. The victory gave the Wizards two wins in a row — only the fourth time they've accomplished that in this distressing season.

Randy Foye added 19 points and Butler had 18 for the Wizards, who made 25 of 28 free throws and shot 52 percent from the field. (AP)

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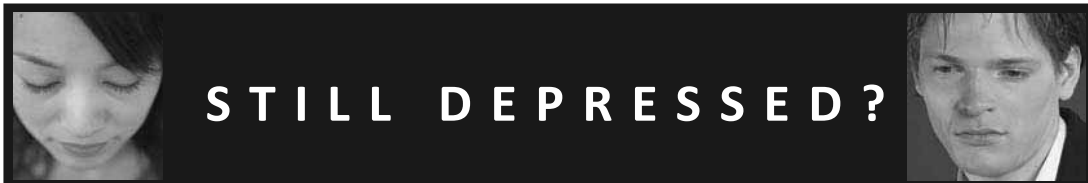
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If you (or someone you know) have been diagnosed with major depression, you may be able to participate in a National Institute of Mental Health research study investigating a novel medication. This treatment study is studying if a research medication can produce a rapid reduction of depressive symptoms in patients with treatment-resistant major depressive disorder.

This 7-week inpatient study is conducted at the NIH Clinical Center in Bethesda, Maryland, and compares the medication to a placebo (inactive sugar pill). After completion of the study the participant will receive short-term treatment to transition back to the community. In addition, all research participation is without cost.

Those eligible to participate must:

- Be ages 18-65
- Have been diagnosed with major depression
- Have taken two antidepressants that did not help

For further information on participation, please call

1-877-MIND-NIH (1-877-646-3644)

e-mail: moodresearch@mail.nih.gov (TTY: 1-866-411-1010)

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Purpose:
To evaluate persons with seizures or epilepsy. This research study includes a health history, physical and neurological examination and one or more non-invasive studies such as an electroencephalogram (EEG) and MRI scan of the brain.

You or your child may qualify if:

- you are 18 years of age or older.
- your child is 2 years of age or older. (All participants under the age of 18 will require written consent from a parent.)
- you or your child has seizures that occur frequently.

You or your child may not qualify if:

- your child is younger than 2 years of age.
- you are pregnant

Location:
NIH Clinical Center, Bethesda, Maryland

Time commitment:

- requires a three hour initial clinic visit to determine eligibility.
- requires an inpatient visit that may take up to three weeks.
- requires three repeat visits for imaging studies.

FOR MORE INFORMATION PLEASE CALL:

Pat Reeves-Tyer 301-496-1923 or Irene Dustin 301-451-9284
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Cowboys: 'Keep It the Way It Is'

Dallas players say they expect Phillips to return as coach

Pro Football

Jerry Jones and Wade Phillips stood before the disappointed Dallas Cowboys on Monday and gave them some encouraging words to take into the off-season. "Keep it the way it is," the message went.

Jones and Phillips did not speak with reporters, but players shared the news — the tone being a clear indication Jones plans to pick up Phillips' contract for next season.

Safety Ken Hamlin came away



The Cowboys watch as the Vikings run up a 34-3 win in Sunday's playoff game.

thinking Phillips' return is a done deal. "For him to have that confidence from Jerry and everyone to know he's coming back ... it's good for us," Hamlin said.

The Cowboys have won the NFC East twice in Phillips' three years. They had a winning final month of the season for the first time since 1996, then turned that into their first playoff win in 13 years. But they also were flattened at the finish for a second-straight season, this time going down 34-3 to Minnesota.

"This year it was a building year; it was a year to really see where we could go and how far we could go," defensive captain Bradie James said. (AP)

TV Lineup

CAPITALS (7 P.M., CSN) The Caps host Detroit in the Red Wings' lone visit to D.C. this season.

TERPS MEN'S HOOPS (8 P.M., CSN+) Maryland steps outside the ACC to play Longwood.

MASON MEN'S HOOPS (7 P.M., ESPN) George Mason takes a three-game winning streak into its game against Hofstra.

MEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN)

Tennessee battles Alabama, and Clemson visits Georgia Tech. Then Illinois tries to upset Purdue.

NHL (7 P.M., VERSUS) The New York Rangers host the Tampa Bay Lightning.

TENNIS (9 P.M., ESPN2) Second-round action at the Australian Open.

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YOU MAY BE ELIGIBLE TO PARTICIPATE IN THIS CLINICAL RESEARCH STUDY IF YOU:


- Are 18 to 65 years old.
- Have cold sore outbreaks at least 6 times per year.
- Are willing to practice effective methods of birth control (women only).

If you are interested and think you may be eligible, please call to speak with a patient recruitment specialist. Compensation for your time is available.

1(800) 411-1222

(reference 09-I-0159)





Eczema Skin Study in Children

The Eczema Skin Study looks at how microbes, such as bacteria and fungi, contribute to the skin condition of atopic dermatitis, or “eczema”. The Eczema Skin Study needs children between 2 to 12 years of age with eczema who have a primary care physician, and who are willing to travel to the NIH Clinical Center. Interested individuals who are eligible to participate will have their skin evaluated and sampled, as well as have a consultation with a board-certified dermatologist. A small blood sample will be collected. Qualified participants will receive compensation for their time.

How can you enroll your child?

For more information to see if your child qualifies,

Study Contact: 1-888-NIH-DERM

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- Study-Related Physical Exams
- Study Medication
- Compensation for Time and Travel



To find out more about this study please call:

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Sports

In Brief



MARK BAKER

Russian Maria Sharapova lost on the opening day of the Australian Open.

TENNIS

Sharapova a First-Round Loser at Australian Open

Former top-ranked player Maria Sharapova was a surprise 7-6 (4), 3-6, 6-4 loser Monday to fellow Russian Maria Kirilenko on the opening day at Melbourne Park. But U.S. Open champion Kim Clijsters, also a former No. 1 and making a return to the Australian Open after ending her retirement, easily won her first-round match 6-0, 6-4 over Valerie Tetreault. (AP)

REDSKINS

Gray Headed to Seattle

Redskins secondary coach Jerry Gray, who interviewed to be the team's head coach, has accepted a position to coach the Seattle Seahawks' defensive backs, according to an ESPN report. (TWP)

SOCCER

FIFA: No Right to Punish Henry for His Hand Ball

Thierry Henry won't be punished for his hand ball before the goal that helped send France to the World Cup instead of Ireland. FIFA said Monday that its disciplinary panel decided it had no legal right to consider the case because a hand ball is not classified as "a serious infringement" necessary to prosecute Henry under the Disciplinary Code. (AP)

MEN'S COLLEGE HOOPS

Texas Remains No. 1

Texas is No. 1 for a second week in The Associated Press college basketball poll, and North Carolina hangs on at No. 24. The Longhorns (17-0) stayed ahead of Kentucky (18-0) while Kansas, Villanova and Syracuse rounded out the top five. (AP)



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NIH grant #MH081188. This study is approved by the Children's Institutional Review Board.





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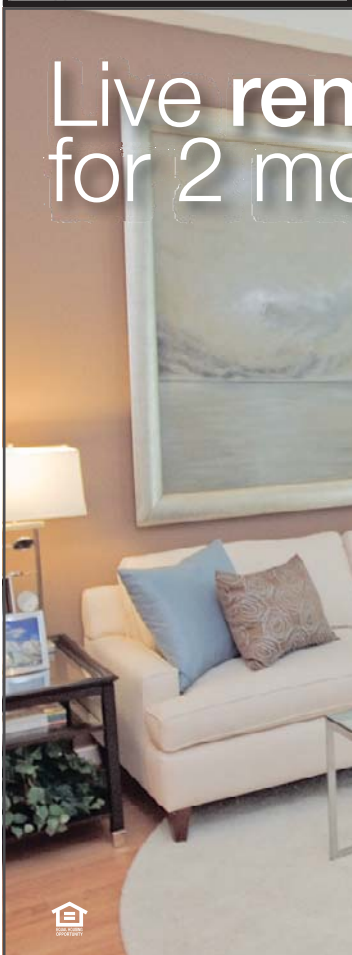
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• Expansive Club Suite

• Rooftop pool

• Penthouses available

ARCHSTONE

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LUXURY APARTMENTS

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Chevy Chase, MD 20815

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* New leases only. Offer available with select lease terms, call or visit the community for full details.

RENTALS

HYATTSVILLE

2010 Housing Extravanga

Large 1 & 2BR Starting
from \$675\$99 security deposit
on approved creditCALL now for details
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Hyattsville

EHO

Minutes to Metro & DC

1 Month Free Rent
Free Utilities*

- Newly remodeled apts
- Dishwasher
- Polished hardwood floors
- Controlled access entry

Queens Manor Apartments
(301) 637-2039Income restrictions apply call for more info
*call for details

Hyattsville

EHO

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ALL UTILITIES INCLUDED
For a small fee

1 & 2 Bedroom's from \$799 - \$929

TEACHER/POLICE/EMS/NURSE
PROGRAM DISCOUNTS!

\$99 Security Deposit
(for qualified applicants)
BRAND NEW RENOVATED APARTMENTS
From \$819 - \$1029
some restrictions apply

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2213 University Blvd.,
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EHO

Villages of Laurel
1 Bdrs from \$799

- All Utilities included
- Conveniently located near Rt. 1 & I-95. BW Parkway
- Blocks to public transportation and retail

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321 Thomas Dr.
Laurel, MD 20707
VillagesofLaurel.com

NE-1247 F Street spacious 1BR open floor plan
new ceiling fans several closets, hard nr Metro
\$875. Delwin Realty 301-608-3703 X 105

NE-35th & E. Cap. (Off Minn Ave) 3BR, 1.5BA, AC
rear pkg + utils. Section 8 ok 202-546-0704.

NE-4BR, 2BA, W/D, hardwood floors,
near Metro. \$2000. Section 8 ok.
Call 202-882-5921

NE DC & PG COUNTY 1-3 BR \$999-\$1927,
All utilities included, 240-582-7584.

NW

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202-409-3130

2BR: \$1095

*Beautiful Historic Building Located Near the
U St., Corridor
*Maximum Income Qualifications
*Call Today to Set Up an Appointment

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NORTHEAST

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\$100 off per mo.
(for 12 months) OR
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5% Disc. Metro & DC Govt Employees

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Voucher LimitsTHE
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In Historic Kalorama

1921 Kalorama Rd. NW, Washington, DC 20009

EXCEPTIONAL LIVING

- BRAND SPANKING NEW
- Huge sun lit apartments
- W/D in Unit,
Dishwasher, Microwave,
Stainless Appliances
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Move In Immediately.Uip property
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NW- 219 Upshur St, large efficiency & 1BRS, hdwd
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NE

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Completely renovated community
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- Income restrictions apply
- Housing Vouchers Welcome

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www.thepentaclegroup.com

NW-Adams Morgan

The Norwood
1868 Columbia Rd
202-559-17731BR From \$1695
\$600 Off 1st Month's Rent!!!*

ALL UTILITIES INCLUDED

- *In Kalorama
- *Hardwood Floors
- *Walk in Closets
- *24 Hr Maintenance
- *On-site laundry facilities
- *Roof Deck
- *Limited off-street parking
- *Walk to dining, shopping and Metro

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www.wcsmith.com
Rentnow@wcsmith.com
*Must move in by 2/1/10

NW-Adams Morgan

Calverton
1673 Columbia Rd.
(866) 825-13791BR \$1625
1/2 Off 1st Month's Rent!!!!*

- *Large units in the heart of Adams Morgan
- *Walk to Shopping and Dining
- *On Site laundry facilities
- *Elevator Buildings

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Rentnow@wcsmith.com
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NE

JETU APARTMENTS

869 21st St

1 & 2 BRs Starting @ \$745

- FREE UTILITIES
- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

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Northwest

3636 16th St. NW

The Woodner

FREE RENT til
FEB 14TH on Studios*
Studios from \$875!
ALL UTILITIES INCLUDED!

- Walk to Columbia Heights Metro
- Free Shuttle to Red Line
- Parquet, Park views, great storage
- On Site Shopping
- On Rock Creek Park

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- *On Studio Apts. only. Must sign 12 month lease. New Applicants only

NW - 1BR \$935 incl utils. Laundry on-site.
Ms. Mitchell 301-316-4590

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Hampton Courts
2013 New Hampshire Ave., NW
(877) 895-46941BR From \$1495
\$400 Off 1st Month's Rent!!!*

All Utilities Included

- *Beautiful brick building
- *Elevator Building
- *Hardwood Floors
- *On-site Laundry
- *24 Hour Maintenance
- *Walk in closets
- *Walk to U Street Metro & Shops

William C. Smith + CO/EHO
www.wcsmith.com
Rentnow@wcsmith.com
*Must Move In By 2/1/10

NW-Adams Morgan

Chatham Courts
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(877) 895-46911BR From \$1495
1/2 Off 1st Month's Rent!!!*

- *Beautiful Brick Building
- *Spacious Apartments
- *Elevator Building
- *Hardwood Floors
- *On-Site Laundry
- *Walk-in Closets
- *Walk to Shops, Dining & Metro

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www.wcsmith.com
Rentnow@wcsmith.com
Must Move In By 2/1/10

NW-Adams Morgan

Parkside
1702 Summit Pl., NW
202-667-89821BR: \$1370
\$300 Off 1st Month's
Rent!!!*

- *Hardwood Floors
- *Brushed Nickel Lighting Fixtures
- *Frost Free Refrigerator
- *Gas Range
- *Elevator
- *Laundry Facilities

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www.wcsmith.com
Rentnow@wcsmith.com
Must Move In By 2/1/10

NW/Walter Reed

1401 Sheridan St
1-877-890-2229EFF: \$795
1/2 OFF 1st Month's Rent!

Beautiful Brick Building
Landscaped Grounds
Newly Renovated Kitchens
Laundry Facilities in Building
Cable Ready
On Metrobus Line

Professionally Managed By
William C. Smith + CO./EHO
www.wcsmith.comOakton—Near Metro, 4br, 3 1/2 ba, Newly Ren, Hwd
Flrs, pool, tennis ct, \$2200, 703-593-7979.

Landover

SUMMER RIDGE

1, 2 & 3 Bedrooms Available
Less than perfect credit
& foreclosures welcome!

2 BR - \$842
3 BR - \$1079

- * Semi-Gated Community
- * \$250 Security Deposit
- * FREE After Care Program
- * Central AC/Heating * Computer Lab
- * Wall-to-Wall Carpeting
- * Free Parking & Metro Accessible

www.summerridgeapartments.net

866-658-4287

*Select units subject to change at anytime

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Landover MD 20785

Mon-Fri: 9-6 • Sat: 9-3 • Sun: 12-4



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The Villages of Parklands!
Customer Service...Shopping...Convenience...Recreation...

1 BRs from \$695
GARDEN VILLAGE APTS.

1720 TRENTON PL., SE
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\$100 off
1st Month's
Rent

- FREE Gift Card • FREE Accent Wall • FREE Splash Park • FREE Metro Shuttle
- FREE Off-Street Parking • Next to Super Giant & IHOP • Minutes from THEARC

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www.villagesofparklands.com

William C. Smith & Co.



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Rollingwood Apts

from the
\$1100's

SILVER SPRING, MD

888-700-5456

2535 Ross. Rd.

Silver Spring, MD 20910

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- Renovated Apt. Homes Available
- Minutes to Bethesda & downtown Silver Spring • Minutes to Metro

Colesville Towers

from the
\$1200's

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888-784-5648

8811 Colesville Rd.

Silver Spring, MD 20910

ColesvilleTowers.com

- All Utilities Included
- Blocks from Silver Spring Metro
- Metrobus and RideOn bus at doorstep

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from the
\$1500's

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710 Roeder Rd.

Silver Spring, MD 20910

ParksideEastApartments.com

- All Utilities Included
- Private Parking Garage
- Blocks to Silver Spring Metro



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RENTALS

LANDOVER

Maple Ridge
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- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp
- * select units

OPEN HOUSE
Fri, Jan 22 (8-5), Sat, Jan 23 (10-4), Sun, Jan 24 (12-4)
-FREE RENT 'TIL MARCH (select 1&2BR)
-FREE Application fee
-FREE Gifts and Refreshments
-Deposit as low as \$200*
*qualified applications, call for details

RENTALS

OXON HILL

Colonial Village
888-583-3047
908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT FANTASTIC SPECIALS

RENTALS

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Calvert Hall Apartments
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3817 64th Ave. • Landover Hills, MD 20784

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- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- APPLY NOW-Move in by 1/31/10. Call for details.

MOVE IN W/SEC. DEP ONLY! 1ST MONTH FREE*

RENTALS

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Fletchers Field Apartments
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5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

FREE RENT TIL FEBRUARY (1-BRs ONLY)

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

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GATED COMMUNITY
Furnished Apartments**

- Fitness Center on Property
- Beautiful Kitchens-Granite Countertops**
- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp
- **Select Units

FREE RENT UNTIL FEBRUARY (SELECT 1 & 2 BRs)

RENTALS

LANDOVER

Kings Square Apartments
877-898-6958
3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

Call Now For Our FANTASTIC SPECIAL

RENTALS

HYATTSVILLE

Fleetwood Village Apts
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721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our FANTASTIC SPECIAL

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!

RIVERDALE

East Pines Terrace

RIVERDALE
\$99 MOVE IN
*Spacious Studios
*1 BR & 2 BRs
*Walk-in Closet
*Balconies
*Laundry Room
Free Gas - Near Metro
Delwin Realty
888-754-3042
6747 Riverdale Rd. Riverdale, MD 20737

Rockville—Large, 2 br 2 ba Condo in King Farm, Secure bldg, Attached gar, WD, Many upgrades, non-smoking, \$1950, 301-990-0836

SE-3122 BEAUNA VISTA TERR- Newly renovated 3BR Apt. CAC & heat, W/D, DW, w/w carpet. Sec 8 ok. \$1800/mo. Call Jerome 202-321-5596

S.E./4184 Livingston Rd —2 Bedroom, CAC, W/W, quiet & secure Building \$800+ utilities. 301.952.6495.

S.E. DANBURYST.- Attractive 1BR \$695. 1st month rent free. Good Credit Required. Metro Bus at Corner. Call 202-563-1791

SE/Hillcrest Large, 2 Bedroom apartments, great location, recently updated, Section 8 OK, Call 703-231-6416

Rosecroft Mews Apartments
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Ft Washington, Md 20744
1-866-652-4957

Last Chance Recession Special

\$749.00 One Bdrm
\$799.00 One Bdrm + Den
\$849.00 Two Bdrm
\$899.00 Two Bdrm + Den
\$1049.00 Three Bdrm
No Exceptions Move in by 1/20/2010

Newly Renovated Apartment Homes
Spacious Apts, Wall to Wall Cpt, Washer, Dryer, Dishwasher, Fitness Center+more
Hours Mon-Fri 8:30-5:30 Sat 10-5

SE -- 3060 30th St SE. Newly renovated. 3BR, 1BA, wall to wall carpet, Central air. \$1800/month. Call Jerome 202-321-5596

SE- 3017 4th St SE. Newly renovated. 4BR 2BA apt. W-W carpet. \$2200/month. Section 8 ok. Call Jerome 202-321-5596

S.E./Forest Cove —2BR Condo, washer dryer CAC. \$875 and up. plus utilities 202-889-9226.

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1 BR starting from \$895 - \$995
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• Central A/C & Heating
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• Renovated Apartments
• Patios/Balconies
• Ask About Our Government
• Controlled Building Access and Senior Discounts
888-703-6882
2562 Naylor Road, SE • Washington, DC 20020

SE
1 Bedrooms from \$705
2 Bedrooms from \$895
Fully renovated
Walk-in closet/ W/W carpet
FORT STANTON APARTMENTS
202-678-3888
1535 Morris Rd.
Open M-F 10-4pm
* Call for details

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Seven Springs Village
888-425-8068
9310 Cherry Hill Road,
College Park, MD 20740
SevenSpringsVillage.com

Studios from \$750

- All Utilities Included
- Onsite UMD & Metro Shuttles
- Pool & Fitness Center

Summerlyn Place
888-804-3324
14706 Normandy Court
Laurel, MD 20708
SummerlynPlaceApts.com

1BRs from \$699

LAUREL, MD

- Each apt. w/washer & dryer
- Designer Kitchens
- Ask About Free Rent

Sutton Walk
888-687-7582
5306 85th Ave.
New Carrollton, MD 20784
SuttonWalk.com

1BRs from \$799

NEW CARROLLTON, MD

- Up to Three Months Free Rent
- Beside New Carrollton Metro and MARC Train
- Washer/Dryers
- Near DC and Major roads

Cypress Creek
888-217-1901
5603 Cypress Creek Drive
Hyattsville, MD 20782
CypressCreekApts.com

1BRs from \$740

HYATTSVILLE, MD

- Each apt. w/washer & dryer
- Eye-Opening Renovations
- Spacious and open floor plans

Regency Pointe
866-906-4875
3253 Walters Lane
Forestville, MD 20747
RegencyPointeApts.com

1BRs from \$593

FORESTVILLE, MD

- Huge apartment homes
- Walk to shopping and dining
- Near 495

Westgate of Laurel
877-271-5617
8114 Gorman Ave. Suite 241
Laurel, MD 20707
WestgateofLaurel.com

1BRs from \$920

LAUREL, MD

- Washer/Dryer in every apt home
- Huge walk-in closets
- Onsite Daycare
- Near BW Parkway and Rt. 1

Alexander Gardens
1615 17th St., SE
Washington, DC 20020
1-866-654-5604

\$0 Application Fee
½ Off 1st Month's Rent!!!
1BR: \$675

- * Refinished hardwood floors
- * Wood grain cabinets
- * Individual controlled heat-a/c
- * Resident controlled access

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First of the Year Specials!

Hurry In! Garden Style Apts!

Free Gas and Hot Water
Close to Metro, schools & and shopping!

CALL FOR 2 BEDROOM SPECIALS!

- Great location in a park-like setting
- Laundry facility on property
- Intercom access to every bldg.

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• Professionally Managed by CIH Properties

Richman Apartments
1100 Trenton Pl., SE
202-248-3229

1BR \$735
The Heat & Utilities Are On US!!!!

- *Hardwood Floors
- *Off Street Parking
- *Laundry facilities on-site
- *Walk to Alabama Ave Metro

William C. Smith & Co./EHO
www.wcsmith.com

RENTALS

SE

Crescent Park Village#2 Elmira St., SE
1-888-807-6760**Open House 1/14/09
10am-7pm****1-BR Starting @ \$755****FREE BASIC CABLE**

- Largest floor plans in the area
- Central heat & A/C
- All new kitchens and baths
- Controlled access
- On-site laundry facilities
- Metrobus at your door
- Near shopping, hospital and schools

**Professionally Managed by
William C. Smith + CO/EHO**

SE/SW

**The Colonnade
4501 South Capitol St., SW
1-888-865-0763****Open House Thursday January
21st 12pm-7pm
and Saturday January 23rd
9am-3pm
1BR Special Starting at \$695****The Heat and Utilities are on us!!!**

- *Controlled entry
- *Near shopping, hospital & schools
- *On Metro Bus Route
- *Walk-in closets
- *Laundry facilities on-site
- *24HR Emergency maintenance
- *Adjacent to 295, 395 & the Capital Beltway

**William C. Smith + Co./EHO
www.wcsmith.com**

SE

**Worthington Woods
441 3rd St., SE
1-888-790-1840****Open House 1/20/10
9AM-7PM****FREE HEAT!!!!
Totally Renovated Property****1BR Special Starting @ \$655
2BR Special Starting @ \$755****Spacious Floor Plans
Hardwood Floors
Walk In Closets
Walk to Metro****William C. Smith + CO./EHO
www.wcsmith.com**

SE

Woodberry Village**2224 Savannah Terrace SE
(866)799-0541****1BRS From \$685****FREE HEAT**

- AC wall units
- Hardwood Floors & Wall-to-Wall carpet
- Close to THEARCH
- Beautifully landscaped community
- Convenient to shopping
- Free Metro shuttle
- On-site laundry facilities

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www.wcsmith.com**

SE

**Cedar Heights
1510 Butler St., SE
(866) 765-3761****2BR Starting From \$875
3BR Starting From \$990****Newly Renovated
Spacious Floor Plans & Closet Space
Laundry Facilities
Controlled Access****William C. Smith + CO./EHO
www.cedar-heights.com**

SE

**Halley House
3730 M. L. King Ave., SE
(888) 865-0763****1 BR starting @ \$705
2 BR starting @ \$825**

- *Upgraded Kitchens & Lighting
- *Spacious Floor Plans
- *Hardwood Floors
- *Walk-in Closets
- *Walk to Metro

**William C. Smith + Co./EHO
www.wcsmith.com****SE/NR Minn Ave. 2BR AC, gas heat, good credit
required, section 8 ok. 202-546-0704**

SE

**The Heat Is On At
Ridgecrest Village Apartments
2000 Ridgecrest Ct., SE
Washington, DC 20020
(866) 505-8057****2BRS Starting At \$1050****All Utilities Included!!**

- * Newly Renovated Apartment Homes
- Large floorplans
- Spacious closets
- Choice of Wall to wall carpet or Hardwood Floors
- Laundry on-site
- Off-street parking
- Free Shuttle Bus to Metro
- Convenient to shops at Park Village & Brand New Library
- THEARC Just Blocks Away

**William C. Smith + Co./EHO
www.wcsmith.com****Shiple Park Apartments
2532 Southern Ave., SE
Washington, DC 20020
1-888-286-7195****Open House Thursday Jan. 21st
No Application Fee
10:00am-8:00pm****Valentines Day Special
\$350 off first month's rent
if moved in by February 15th****2BRS Starting at \$875****Zero Application Fee!
Bring Your \$100 Holding Fee to Reserve Your
New Apartment Home!!**

- *Newly Renovated Apartment Homes
- *Hardwood Floors
- *Oaks Kitchen Cabinets with Breakfast Bar
- *Microwave, Dishwasher, Garbage Disposal
- *Controlled Access
- *Central Heat & A/C
- *Laundry Facilities
- *FREE Shuttle Bus
- *Near THEARC

**William C. Smith + Co./EHO
www.wcsmith.com****Silver Spring Move In Special!
Spacious 2BRS w/large living areas \$1095. Wlkg
distance to Takoma Park shopping center K6/16
bus line at your door! Playground free pkgng, water
gas & utilities, clean & friendly community.
301-439-9056 or 202-528-9137**

SILVER SPRING

FREE AND EASY!**Looking is Free. Renting is Easy****1BRS from \$885
2BRS from \$1035**

- Washer and dryer in every apartment
- Sunny eat-in kitchen
- 24-hour fitness center
- Relaxing swimming pool
- Convenient to public transportation

**ASHFORD
at WOODLAKE****14175 Castle Blvd., Silver Spring, Md. 20904
(877) 678-8539
www.ashfordatwoodlake.com**

SW

OAK PARK APARTMENTS**125 Ivanhoe St. SW
Washington DC 20032
202-574-8199****Move in by January 31st and receive a
32 inch LCD HD Flat Screen television.****1 bedrooms starting at \$725
2 bedrooms starting at \$825**

- *Section 8 Vouchers Welcome
- * Location * Location * Location
- * Located within minutes to 295, 395 and 495
- * Security Deposits starting at 250, pending credit
- * Don't wait move in today!!! Units Ready!!

SE

**Washington View
2629 Douglas Rd., SE
1-877-801-4266****Open House Saturday
January 23rd 10am-3pm****2BR Starting at \$975
Call For Specials!!!****Bring In This Ad for FREE Application Fee!!!**

- *Spacious Floorplans
- *Individually Controlled Heat & A/C
- *Balconies & Patios
- *Controlled Access
- *Sparkling Swimming Pool
- *Fabulous Views of the City

**William C. Smith + CO./EHO
www.wcsmith.com****SILVER SPR/Forest Glen Metro****CONVENIENCE - PLUS!****Ask About Our****\$499****Move In Special****1 BEDROOM GARDEN APTS
UTILITIES INCLUDED****Forest Glen Apartments****CALL TODAY! 301-593-0485****DELWIN APARTMENTS****4200 S. Capitol Street, Washington, DC 20032****\$99
Move-In
Special****866.918.7544**

- HUGE 1, 2 & 3 Bedrooms Available
- Starting From \$725
- Water, gas and sewage included!
- Private Parking near Metro
- Close to 295, 495 & The National Harbor

GREENWOOD MANOR APTS.**2343 Green Street SE • Washington, DC 20020****\$99
Move-In Special****866.918.7543**

- 1 & 2 Bedrooms Available
- Starting From \$700
- Private Parking Lot
- Spacious Floorplans with Hardwood Floors
- 5 Minutes to the Green Line Metro

WWW.DELWIN-REALTY.COM**Your Property Management Solutions****\$495 - \$950****SPECIAL ON
Spacious****Efficiencies, 1 bedroom
and 2 bedroom Apartments****3, 4, 5 Bedrooms
Also Available****Wingate Tower and Garden Apartments****4660 MLK Jr. Ave, SW
Washington, DC 20032****877-737-0549****Monday-Friday
8:30am - 5:00pm****Saturday
9:00am-4:00pm****Sunday Closed**

Silver Spring

EHO

**WINDSOR COURT
AND TOWER APARTMENTS****1/2 Month Free Rent
for Four Months*
\$0 Application Fee
\$0 Holding Fee****Stop in or call today!
13802 Castle Blvd., #103
Silver Spring, MD 20904****888-255-6159*****New move-ins only WITH THIS AD**

Silver Spring

**GREAT
SAVINGS!****1 BRs from \$871
2 BRs from \$1121**

- New Appliances
- New Cabinets
- New Clubhouse, fitness & business center

**Woodvale
(866) 522-5427**

SOUTHWEST

**START THE NEW YEAR RIGHT
at EAGLES CROSSING!
ONE MONTH FREE RENT****EFFICIENCY, 1 AND 2 BEDROOM APTS
AVAILABLE NOW!****W/W carpet, Central Air/Heat, Dishwasher,
Laundry facility, Free Parking
A Perfect location on Metro****116 Irvington Street SW,
Washington DC 20032****(866) 416-1325****M-F 9-5, Sat/Sun 10-4
Housing Choice Vouchers Welcome**

RENTALS

First Time Renters Welcome

SE

TERRACE MANOR APTS

3347 23rd Street, M-F 9-5 & Sat 10-2

202-678-0721

One Bedroom starting at \$640

Two Bedroom starting at \$740

Off Street Parking • On Bus Route • Metro Accessible

W/D in select units • Housing Choice Vouchers Welcome

Southeast

New Horizon

2619 Naylor Rd., SE

1BR From \$695

Hillside Terrace

1812 23rd St., SE

1BR From \$775

1-866-646-7056

Zero Application Fee!

\$300 Off 1st Full Month's Rent!

*Beautiful Apartment Community

*Renovated Kitchens and Baths

*Ample Closet Space

*Close to Shopping

*On & Off Street Parking Available

William C. Smith + Co./EHO

www.wcsmith.com

SOUTHEAST

EHO

1 MONTH FREE!*

Meadow Green Courts!

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Body Talk

Studios Roll Out The Welcome Mat

After months of trying to convince a stressed-out someone to try yoga with me, we finally went to a beginner class together. So far, so good. But then the instructor showed up and



By Vicky Hallett

launched immediately into an exhausting flow with only minimal instruction. Confused and sweaty, my pal left early determined never to come to yoga again.

That's the scenario the Yoga Alliance is

trying to prevent by welcoming first timers to Yoga Day USA, a nationwide celebration of free (or nearly free) classes this Saturday. (See Yogadayusa.org for the schedule.) One popular stop will be Rockville's Thrive Yoga (1321 Rockville Pike; 301-294-9642; Thriveyoga.com), which hosted 65



JAMES M. THRESHERT/TP

people last year — and will welcome anyone who's interested by adding as many classes as needed. Owner Susan Bowen, pictured, says her goal is to give visitors "the experience of how yoga feels" by helping them breathe deeply and relax. The point is to de-stress, which Bowen says is the key to most of yoga's benefits. But it's also to have fun. "So, bring a friend along," she says. Maybe I can convince mine to give yoga another shot.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

Stretch Your Definition

Yoga leaders hope to spread the word that the practice isn't just for the super-flexible

Yoga

It turns out a bunch of folks aren't doing yoga, because they think they'll have to wrap their legs around their head. But, really, all they need to do is wrap their heads around the fact that the ancient practice is more than just pretzel poses.

The Yoga Alliance (Yogaalliance.org), a national education organization that registers qualified teachers and schools, just released the results of its 2010 Yoga Insight Survey, which found that half of Americans who don't do yoga have some pretty big misconceptions: They think it requires Gumby-like flexibility, is a form of religious worship and isn't a workout.

"These headlines show it's our task to explain what yoga is," says Terri Kennedy, a Yoga Alliance board member who's dealt with many of these myths at her studio in Harlem. And that's a range of things, from gentle forms like yoga nidra to vigorous ones like vinyasa, so there really is something for "everybody and every body." "The beautiful thing about the practice is it meets you where you are," she adds.

But it's no surprise to other people in the yoga community that these beliefs are still out there, even after practitioners have worked for decades to demystify what they do on the mat.

That's why the team at Yoga-Works (Yogaworks.com) — which



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is both a chain of studios in New York and California and a specific style of yoga — just released its first DVDs. The motto, "For everyone," was a driving force behind the three-title collection, says senior teacher Kori Fletchner, who's fea-

tured on the cover of "Body Slim" (\$14.98, Lion's Gate). "One of the biggest reasons people don't try yoga is because it's intimidating," she explains.

It's hard to be that scared, however, of something you can

Class Action

Hot for Teacher

Anyone with stretchy pants can decide to be a yoga teacher, so it's up to students to figure out whether they want to follow the leader. Before going to a class, Kennedy recommends asking questions about the style to see whether it's what you're looking for — Is it fast, slow, meditative, goofy? — and then finding out about the teacher's background. For new students or those with injuries, it's critical that the instructor be knowledgeable about modifications.

do in your living room along with extremely detailed descriptions of the movements (the goal was to make the instructions so clear you wouldn't have to look at the screen at all). Fletchner's favorite part: "Each one has a learning guide. So, as you move through the poses, you can break them down," she says.

If even that's too much for beginners, Fila yoga ambassador Kristin McGee has put together a short yoga practice you can do at your desk (see it here: Bit.ly/53sHcs) to break up a hectic workday. It's her response to people who say, "I always thought yoga had to be done barefoot with the lights a certain way."

By twisting your spine, opening your hips and stretching up your arms for just a few minutes, you'll feel better, McGee promises. And if it convinces you to try a class and learn more about yoga, she'll feel better, too.

VICKY HALLETT (EXPRESS)

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Time For: 'It's Complicated'

Q My husband's Facebook photo gallery has a wedding picture of him and his ex-wife. To make things worse, he has no pictures of me (although he does have lots of our son). We do have issues in our relationship, but that's beside the point: He finds nothing wrong with this, and actually blames me for being insecure. He and his ex have a daughter and are still friends. Am I just being insecure? **FEELING LIKE THE OTHER WOMAN**

This isn't about Facebook galleries or whose pearly whites are on display beside your tuxedoed husband. It's about feeling disrespected, disconnected and not prioritized. Your other marital issues aren't "beside the point" — they're part of this whole stew, and you both need help before it boils over.

So, no, I don't think you're being insecure, but I think you might be trying to simplify complex, difficult issues into a he-said/she-did blame game.

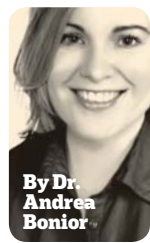
None of these parts of the story exists in a vacuum, and it's the big picture that needs fixing. I really can't conceive of a way that this could get better without a helpful third party. Couples counseling might not be able to heal all of these issues — after all, I don't even know what some of them are — but it's by far the best bet you have for doing so. If he refuses to go, consider it a bad sign, and go yourself to try to sort out what's best for yourself and the children in this.

Keep the Fibber Out of the Family

Q My brother's girlfriend is a pathological liar. We used to get along fairly well until I learned that I was the target of her many lies. (When I asked her about it, she played dumb.) She is super-close with my family, who seem to be on her side about this. Is she envious of me? How do I confront my bro about this in exposing who she really is? **ANNOYED**

I hear of "pathological liar" accusations more frequently than Metro delays, so I must ask: Is it possible that this is an exaggeration of just a few misunderstandings?

If it's truly a situation of lies aplenty, you should be able to pick the most egregious one, and carefully and discreetly build your case against it, in order to confront your brother about that lie and that lie alone. Play prosecutor gently and with enough discretion that your brother will want to connect the dots further, rather than strike back, feeling ambushed and angry. The key here is small steps in defending yourself and fighting individual injustices. Broad-stroke character assassinations rarely work, especially when the offender has already built up an appreciative, drooling audience.



By Dr. Andrea Bonior

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

What a Relief

You can't dance away the troubles in Haiti, but you can help. Master trainer Heather Cohen has teamed up with Washington Sports Clubs to offer workshops based on the movie "Nine" to raise money to give to the American Red Cross for Haiti relief. She'll be leading her sexy steps for both members and non-members this Thursday at 5:45 p.m. at 1345 F St. NW and Saturday at 1 p.m. at 1211 Connecticut Ave. NW.

Reality of The Situation

How to get abs like everybody's favorite 'Jersey Shore' guy

Muscle Building

Between their drunken brawling and incessant tanning, the stars of MTV's "Jersey Shore" aren't exactly health role models. But the guys in the cast have one redeeming habit: daily gym visits. And the guys, particularly "The Situation" — who regularly reveals his well-defined abs — are proud of the results. Unfortunately for viewers wanting to know more about their exercise routines, the show has featured only glimpses of them tossing around balls and jogging on treadmills. So, just how are they breaking a sweat?

We asked Mitch Batkin, senior vice president of fitness at Sport &



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Health (Sportandhealth.com), to provide some insight. Although he's not a Jersey boy (he's from New York), Batkin's been to the Shore "hundreds" of times, and he's seen his fair share of flaunted figures on the beach. "But I don't think New Jersey is so unique in terms of exercise," he admits.

The formula for rippling muscles is the same everywhere, he says: "Strengthen them, and eat clean and lean." That means not too much cheese-laden ziti, because even the biggest muscles won't be visible if

there's flab on top of them. Men, Batkin says, need to shrink their body fat to about 8 percent to get those bulges to really pop.

As for what to do at the gym, cardio slims you down, and any sort of full-body movement engages the core. To really build six-pack abs, though, he says, crunches are going to need to make an appearance — the bicycle variation (touching your elbow to your knee) is particularly effective. And while the core is a stabilizing group of muscles you rely on every day, if you're working it out hard enough, you'll want to give yourself days off between focused sessions to promote recovery.

It's also wise advice for the Jersey Shore drinking schedule. v.h.



Event Horizon

Fist Pump Find out the cast's exercise secrets directly from Pauly D and JWowW, who will be partying at McFadden's (2401 Pennsylvania Ave. NW; 202-292-4067; Mcfaddensdc.com) tonight. There are drink specials, but remember: Those are empty calories.

THE GOLD'S GYM KNOW YOUR OWN STRENGTH CHALLENGE

SPECIAL ADVERTISING FEATURE

Know Your Own Strength: IT STARTS FROM WITHIN

Last week, six challengers embarked on a journey to change their bodies and their lives in the Gold's Gym Know Your Own Strength Challenge. Challengers earn points through weight loss and fitness contests, and, at the end of the 12 week challenge, the one with the most points wins. The victor receives a year-long membership to Gold's Gym and a cash award of \$5,000! Check their progress every week in the Fit section of Express.

Contestants met with their Gold's Gym trainers to begin their body transformations!

This included the trainers taking each contestant's measurements and discussing their personal fitness goals.

Let's see how our trainers will help the Know Your Own Strength's female contestants reach their nutritional goals.



TABATHA & MELISSA

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TIME IS OF THE ESSENCE

Tabatha is working out with Melissa at Gold's Gym Rockville. During their first meeting, Melissa found that with three kids and a career, Tabatha doesn't have a lot of time to plan healthy meals. She also tends to periodically skip breakfast. Melissa advises Tabatha to cook healthy meals during the weekend for her and her family to eat the following week. Checking labels is also important. Melissa's rule of thumb is the fewer ingredients, the better.

TRAINER'S NUTRITION TIP: USE EXTRA TIME ON WEEKENDS TO PREPARE THE NEXT WEEK'S HEALTHY MEALS.



MICHELLE & JESSICA

STARTING FRESH

Jessica is training with Michelle at the Gold's Gym in Fairfax Station. Michelle noticed that Jessica didn't see the connection between fitness and nutrition, and that Jessica may eat to manage stress. Michelle advises Jessica to eat every two and a half hours. She also is stressing the importance of keeping a balance of proteins to build muscle and low glycemic and fibrous carbs to help reduce body fat. To help her endurance, she suggests the elimination of dairy except in the form of whey protein shakes.

TRAINER'S NUTRITION TIP: NEVER GO ON ALL OR NOTHING DIETS. FIND A BALANCE.

CARBS ARE OK

Katie will be working with Elissa at Gold's Gym in Clarendon. From their first discussion, Elissa noted that Katie actually has a fear of certain foods, especially carbs. But Elissa says healthy foods, including certain carbohydrates in moderation, will provide essential fuel for Katie's workouts. She says without the energy provided in a healthy diet, fatigue will settle in. Elissa plans to monitor Katie's eating to make sure she's getting the right size portions, and will coach her on healthy nutrition substitutions.

TRAINER'S NUTRITION TIP: EAT FREQUENTLY ENOUGH TO GIVE YOUR BODY THE RESOURCES IT NEEDS FOR ENERGY AND MUSCLE REBUILDING.



KATIE & ELISSA

Check back next week to see what tips our male contestants get from their trainers on Cardio workouts!

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Points are awarded weekly for weight loss and competitive challenges.

CHALLENGERS	STARTING WEIGHT	CURRENT WEIGHT	WEIGHT LOSS FOR THE WEEK	% OF WEIGHT LOSS	TOTAL POINTS
BRUCE	315.2	303.2	-12.0	3.8	6
TABATHA	209.6	201.8	-7.8	3.7	5
JESSICA	205.0	198.0	-7.0	3.4	4
JASON	289.4	283.2	-6.2	2.1	3
KATIE	246.6	241.6	-5.0	2.0	2
TIM	282.0	278.0	-4.0	1.4	1

Fight the Impulse to Indulge

Stop out-of-control cravings by eating the right food at the proper time of day

Dieting

Today, most of us know where our next meal is coming from, yet our reaction to hunger has not evolved with our convenience-centered world. That's why even the thought of being hungry may send you running to the mini-mart for sustenance.

If you want to lose weight, you must tune into your body's signal to eat. "Hunger is a physical cue that you need energy," says Dawn Jackson Blatner, a Chicago-based dietician. If you listen to your body, you'll instinctively feed it the right amount. But fall out of touch, and hunger becomes diet enemy No. 1.

Break these bad habits to keep hunger in check.

1 You're too frazzled for breakfast.

You have time to only grab a doughnut or high-calorie muffin.

Solution: Zap a packet of oatmeal with low-fat milk and take bites between showering and dressing. Bring an apple to eat in the car.



GETTY IMAGES

2 You skipped lunch and want drive-thru food.

You have too many things to do, it's nearly past lunch and you're starving!

Solution: Dig into your glove compartment for the high-fiber, protein-packed bar you stash there for such emergencies. When you

get home, eat a lighter-than-normal lunch to compensate for the extra calories.

3 You're in a midday energy slump.

You're low on energy and the office vending machine is calling to you during a mid-afternoon slump.

Solution: Keep a supply of single-serving packages of nuts and dried fruit in your desk and plan to munch a few hours after lunch — when you feel moderate hunger.

4 Dinner will be late and you want food now.

You have a dinner date with friends, but it's 5 p.m. and your stomach is already starting to growl.

Solution: Have a 150- to 200-calorie snack such as yogurt with some fruit or celery and 2 tablespoons of peanut butter a couple hours before your dinner.

5 You're snacking instead of sleeping.

Your stomach is growling, and all you can think about is food.

Solution: Grab a fiber-filled piece of low-calorie fruit such as a juicy apple or pear instead of, or at least before, diving into the cookie jar.

Better yet, go to bed — you're probably more tired than hungry, anyway. Recent studies of middle-aged women found that those who slept five or fewer hours were 32 percent more likely to experience major weight gain and 15 percent more likely to become obese than those who slept an average of seven hours per night. So, go grab some shut-eye! (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

Recipe File

Date and Oatmeal Muffins

35 MINUTES; SERVES 12

Ingredients

- 1 1/2 CUPS oatmeal
- 1/3 CUP milk
- 3/4 CUP whole-wheat flour
- 1 SCOOP vanilla whey protein powder
- 2 TSP baking powder
- 1/2 TSP baking soda
- 2 TSP cinnamon
- 14 dates, finely chopped
- 1 egg, beaten
- 4 TBSP grape seed oil
- 2 TBSP agave syrup
- 1/2 CUP prune puree

Directions

Preheat oven to 400 degrees Fahrenheit. Combine oatmeal and milk in a bowl and let soak. In a separate bowl, mix flour, whey protein, baking powder, baking soda, cinnamon and dates. In another bowl, combine egg, oil, syrup and prune puree. Add to oatmeal mixture, then stir in flour mix. Spoon batter into paper-lined muffin cups. Bake for 20 minutes or until tops spring back when lightly touched.

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236 calories, 5 g protein, 43 g carbs, 6 g fat, 22 mg cholesterol, 135 mg sodium, 4 g fiber

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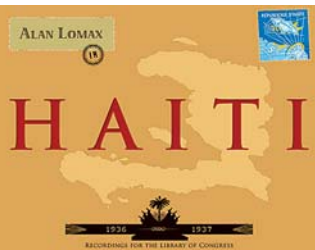
lookout



Recovery Time

Rumors suggest Tiger Woods is in treatment for sex addiction **39**

Sound Bets



Songs of Solace

When disaster strikes, many people turn to music for empathy.

Soon after the earthquake reduced Port-au-Prince to rubble, I dug out the Haitian field recordings Alan Lomax made over a four-month period in 1936 for the Library of Congress, seen above. A 10-CD box set came out in November that highlighted the best bits of Afro-Haitian percussion jams, early merengue, European balladry, New Orleans-esque jazz bands and Vodou ceremonies that Lomax documented in 50-plus hours of recording.

Musicians have also mobilized to perform benefit concerts, and record labels and collectors have put up rare releases on eBay to raise money for the relief effort. But it's not just those of us lucky enough to be far from the epicenter who have turned to song for solace. Survivors have been captured by news cameras singing spirituals, both as informally gathered groups and in makeshift Sunday church services held in the outdoors, just outside a parish's destroyed church.

Haiti is grim, and even before the quake its society was barely functioning. But as the nation's often uplifting music has proven time and time again, the country is not hopeless.

The Judge of All Trades

Kara DioGuardi adds the new season of 'American Idol' to her already full plate

Q&A

Let's coin a new term to describe Kara DioGuardi: Instead of a multi-hyphenate, she's a mega-hyphenate. The songwriter-producer-publisher-A&R executive—"American Idol" (on Fox tonight at 8 p.m.) judge starts 2010 with a slate of songs to write, artists to develop and exasperated sighs to give fellow "Idol" panelist Simon Cowell.

In 2009, DioGuardi wrote songs for new albums from Carrie Underwood, Adam Lambert, Miley Cyrus and Cobra Starship; in addition, as senior VP of A&R at Warner Bros. Records, she added J.R. Rotem's Beluga Heights imprint. Plus, she has her ongoing duties as co-owner of music publisher/management shop Arthouse Entertainment.

One reason for the stuffed-to-the-gills resume is DioGuardi's voracious interest in the music industry. But it's also a reflection of the ever-changing dynamics in the business. "Music has never been bigger," she says. "Music is huge. But the business is in trouble."

What are your songwriting sessions like?

I have such a strange job. You have to look for where [you] can come together as two people who have



JACK GUY/FOX

experienced similar things. There isn't a person in this world that hasn't had their heart broken, or fallen in love, or been hurt by or helped a friend. So, you find that common denominator and you build from that.

What are the "Idol" contestants

Careers

Guts, But No Glory

Kara DioGuardi will be the first to tell you songwriting is not the most glamorous job. These workhorses come up with hot lyrics for stars to croon over even hotter beats. In fact, DioGuardi has had a hand in penning some of the most popular songs of the last decade, including Gwen Stefani's "Rich Girl" and Kelly Clarkson's "Walk Away." But you'd never heard of her before she appeared on "Idol," now had you? (EXPRESS)



Do you ever have any qualms about the water-cooler elements of the show? Do you think it's the best way to find a recording artist?

I can remember when I was trying to break in, and I knew nobody until I got to Billboard. What this does is bypasses a bunch of that footwork that you would have to do. It says to somebody, "If you're great, we're going to find out."

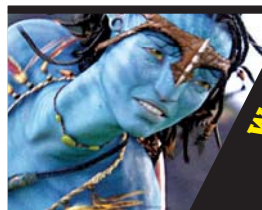
And let's be honest — traditional A&R is not what it was, especially with the way the economy is. People are not going out into the middle of the country. This show is picking up where A&R from record labels [can't] because they can't hire the scouts. It's able to go into a small town and find Carrie Underwood or to Arkansas where Kris [Allen] was from. ANN DONAHUE (BILLBOARD)

like this year?

I would say that there were more than a few times this season that someone walked in and sang, and I was shocked that they didn't have the appearance to have that voice. It was just kind of a, "Whoa, where did that come from? Hold up." It's like Susan Boyle.

expressnightout

Express breaks down this week's "Idol" at expressnightout.com



Weekend Box Office

Avatar	\$41.3 M
The Book of Eli	\$31.6 M
The Lovely Bones	\$17.1 M
Alvin and the Chipmunks: The Squeakquel	\$11.5 M
Sherlock Holmes	\$9.8 M
The Spy Next Door	\$9.7 M
It's Complicated	\$7.7 M
Leap Year	\$5.8 M
The Blind Side	\$5.6 M
Up in the Air	\$5.5 M



1 **It's a Situation**

If you, too, have been struck down by the zombie virus no one saw coming (translation: You're obsessed with "Jersey Shore"), you should probably be at McFadden's tonight. This is truly the only time we'll ever tell you to go to McFadden's, because Pauly D and JWoWW will be there, along with \$5 Jagerbombs and some other drink specials. Sorry, no Snooki. **F.Z. McFadden's, 2401 Pennsylvania Ave. NW; 8 p.m., free; 202-292-4067, McFaddensdc.aitrk.com. (Foggy Bottom)**

2 **Sing Out**

Two H Street hot spots are pitting their karaoke prowess against each other. Sign up to perform at Sticky Rice tonight or Little Miss Whiskey's tomorrow and be judged worthy or unworthy of the karaoke finals at the Rock and Roll Hotel next week. You will be judged on criterion such as "Awesomeness." **F.Z. Sticky Rice, 1224 H St. NE; 10 p.m., free; 202-397-7655, Stickyricedc.com. Little Miss Whiskey's Golden Dollar, 1104 H St. NE; Wed., 8 p.m., free; Littlemisswhiskeys.com.**



3 **A Little Folk**

Judy Collins is a songwriter, but she's best known for her covers of other people's stuff. She sings '60s classic and folk revival music — the Beatles, Joni Mitchell, Bob Dylan. Her voice is still glorious, and she does not appear to be clinically insane, unlike some people, Bob Dylan. **F.Z. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$50; 703-549-7500, Birchmere.com.**

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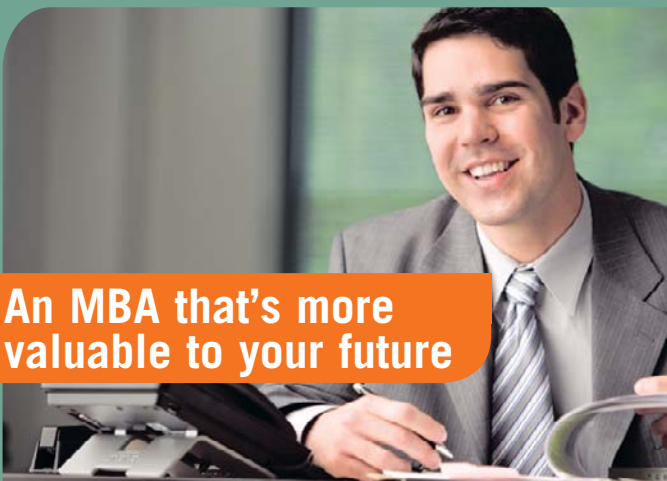
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Mother of All Dealers

Twists, turns and sweet extras made 'Weeds' a winner

DVD Review

When stuck between a rock and a hard place, what's a TV parent to do? Deal drugs, of course! Well, at least that's what cable shows such as "Breaking Bad" on AMC and "Weeds" on Showtime would lead you to believe. Both have received incredible critical acclaim, but until "Breaking Bad" returns in March, you should bide your time with "Weeds" — the show's fifth season comes out on DVD today.



Nancy (Mary-Louis Parker) deals pot.

"When Weeds" premiered in 2005, it introduced suburban mom Nancy Botwin (Mary-Louise Parker). But after her husband dies of a heart attack and she is unable to provide for her family, she turns to dealing to make ends meet.

As the fifth season develops, Nancy is in a relationship with corrupt mayor Esteban (Demian Bichir) and pregnant with his child; after rejecting confidante and former brother-in-law Andy (Justin Kirk), who suggests that they run away together, she's become happy with Esteban. But numerous obstacles launch themselves into their path. If things get too dramatic, switch over to the special features. The best come in the form of "Crazy Love: A Guide to the Dysfunctional Relationships of 'Weeds,'" which has the castmates offer insight about their characters' loving and lusty decisions. **ROXANA HADADI**

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TV tonight **lookout**

The Beat Borrowers

A PBS documentary examines hip-hop's sampling culture

Music

PBS 10:00 What's the difference between creative "borrowing" and outright theft? The "Independent Lens" documentary "Copyright Criminals" offers a thought-provoking discussion of the subject filtered through a history of hip-hop "sampling" culture.

Since the 1980s, artists have peppered their recordings with digitally manipulated snippets of songs both famous and obscure. Some sampled recordings outsold the originals. MC Hammer used a catchy riff from the Rick James song "Super Freak," and his song



De La Soul skillfully sampled on its debut album, 1989's "3 Feet High and Rising."

"You Can't Touch This" became one of the best-selling rap songs of all time. Was that a crime?

Eventually, music-company lawyers got into the act, turning sampling into an expensive and time-consuming legal and creative minefield. One producer complains that it's now far easier to secure the

rights to an entire song than to a five-second sample.

"Copyright" offers opinions on all sides of the controversy. Some see it as crass unoriginality, while others contend that sampling continues a history of homage essential to creativity. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

Best Bets

ABC 9:30



Better Off Ted

As anyone who's ever used one can tell you, those electronic language translators can trip you up big time. But that doesn't stop Ted from trying one out in an effort to get closer to a beautiful German executive who doesn't speak any English. Hey, the device was made by Veridian, so what could go wrong? Heh, heh.

PBS 10:00

Frontline It sounds like a familiar story — poor children being lured off the streets with promises of a new life, only to end up in the sex trade. But the setting of this new episode may surprise you. "The Dancing Boys of Afghanistan" tells the story of the "Bacha Bereesh" — "beardless boys" — who are trained to sing and dance for men, and then traded for sexual favors among businessmen and former warlords. Afghan journalist Najibullah Quraishi reports.

HBO 10:00

REAL Sports With Bryant Gumbel If it's about sports, it's news to him. Veteran sportscaster and former "Today" co-host Gumbel returns with a new season of his long-running series, which serves up investigative reports along with human-interest features, player profiles and other fascinating facts from the world of athletics.

ABC 9:00

Scrubs In this new episode, a student cheats on an exam, and Dr. Cox forces the whole class to pay the price. Denise spills a surprising piece of information in "Our True Lies." (TRIBUNE MEDIA)

Premiere



Make Her a Buck

As she returns for a third season of "The Millionaire Matchmaker" (10 p.m., Bravo), matchmaker Patti Stanger faces a challenge with best friends and business partners Omar Soliman and Nick Friedman, who founded the trash removal company College Hunks Hauling Junk. Soliman fears women are interested only in his money, and Friedman is openly skeptical of Stanger's abilities in the new episode "To Haul or Not to Haul." (TRIBUNE MEDIA)

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COMMENTER RICK NORTON

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COMMENTER DIOGENES

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"The meme of General Larry Platt's 'Pants on Da Ground' was born Wednesday night on 'American Idol.' On Sunday, the meme met its swift demise when 40-year-old Brett Favre celebrated the Vikings' win by giving his own rendition."

— SBNATION.COM THINKS THE VIRAL VIDEO HAS FINALLY JUMPED THE SHARK AFTER BEING "REMIXED" OR SAMPLED BY COUNTLESS PEOPLE WITH VIDEO CAMERAS AND TOO MUCH TIME ON THEIR HANDS."



"We pretty much got what we expected from Ricky Gervais as host of the Golden Globes: faux arrogance; standoffs with Steve Carell; shameless plugs delivered ironically, making them all OK if no less shameless; mischievous jabs at big stars; cackling."

— NYMAG.COM'S VULTURE BLOG WASN'T OVERLY BLOWN AWAY BY THE BRITISH COMEDIAN'S PERFORMANCE SUNDAY NIGHT.



"While [Wyclef] Jean has the right to defend allegations regarding the misuse of funding connected to Yele Haiti, defending himself by saying that he has been picking up the bodies of children all week is pathetic, unsettling and should set off alarms."

— PUMABYDESIGN001.WORDPRESS.COM WAS DISMAYED BY THE ARTIST'S YOUTUBE RESPONSE TO ALLEGATIONS THAT HE IS PROFITING DIRECTLY FROM DONATIONS TO HIS CHARITY.

"WE ALL KNOW that it's a bad idea to make bomb jokes in airports, as humorless security officials will not see the funny side. In the U.K., that principle has now been extended to the Internet."

— NORIGHTTURN.BLOGSPOT.COM THINKS THE MAN WHO WAS ARRESTED UNDER THE TERRORISM ACT AND BANNED FROM ROBIN HOOD AIRPORT FOR LIFE FOR A FRUSTRATED TWEET WAS TREATED TOO HARSHLY.

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puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19) Try to see things through the eyes of someone younger than you are, and your enthusiasm is likely to be restored.

AQUARIUS (Jan. 20-Feb. 18) You may find yourself involved in a process that is far more complicated than you had expected. You'll go the distance.

PISCES (Feb. 19-March 20) The information you receive will prove to be quite valuable in the days to come, but not, perhaps, at this time. Don't be impatient.

ARIES (March 21-April 19) A crack team is able to assist you as you reach for a goal that others have not dared to try for—at least not recently.

TAURUS (April 20-May 20) Surround yourself with those who are good for your spirits and you'll be able to weather virtually any storm at this time.

GEMINI (May 21-June 20) It is likely to take you longer to do things than it did yesterday or the day before. It's a phase; you're doing nothing different.

CANCER (June 21-July 22) It'll be important for you to discuss openly the pros and cons of a current plan before putting it into motion. Get some honest opinions.

LEO (July 23-Aug. 22) Others are likely to comment on your ability to see things through even when you are going through a rough time personally.

VIRGO (Aug. 23-Sept. 22) You may find yourself working with a great many others, but only a few will inspire you to make any personal contact.

LIBRA (Sept. 23-Oct. 22) The reality of an evolving situation is likely to raise fears that you've not had to face for quite some time now. Don't face them alone.

SCORPIO (Oct. 23-Nov. 21) A rollicking good time can be had by all—even while you are dedicated to performing your work in a manner that is above criticism.

SAGITTARIUS (Nov. 22-Dec. 21) Don't shrink from a challenge, or you may find that others are willing to threaten you in the days to come. Your reputation matters.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 203

E ₁	E ₁	E ₁	N ₁	G ₂	V ₄	R ₁

--

RACK 1

A ₁	E ₁	O ₁	B ₃	F ₄	D ₂	S ₁

Triple
Word Score

--

RACK 2

E ₁	E ₁	I ₁	F ₄	N ₁	T ₁	F ₄

2nd Letter
Double

--

RACK 3

I ₁	O ₁	U ₁	H ₄	C ₃	P ₃	B ₃

--

RACK 4

Friday's Solution

D ₂	A ₁	Y ₄	B ₃	O ₁	O ₁	K ₅	RACK 1 =	84
C ₃	O ₁	N ₁	T ₁	E ₁	X ₈	T ₁	RACK 2 =	66
B ₃	E ₁	C ₃	A ₁	L ₁	M ₃		RACK 3 =	18
O ₁	U ₁	T ₁	S ₁	O ₁	L ₁	D ₂	RACK 4 =	58
PAR SCORE 150-160							TOTAL	226

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

DIFFICULT

		8				5		3
4			3			9		5
			5				1	6
3	2			4		7		
					5		1	9
								6
	1	2					4	
6				1			7	3
	3		8					5

Friday's Solution

9	1	5	4	2	3	7	8	6
6	7	4	8	9	5	3	2	1
8	3	2	7	1	6	9	4	5
4	2	7	5	3	9	6	1	8
3	5	8	1	6	4	2	9	7
1	6	9	2	7	8	4	5	3
7	8	1	3	4	2	5	6	9
2	9	3	6	5	1	8	7	4
5	4	6	9	8	7	1	3	2

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

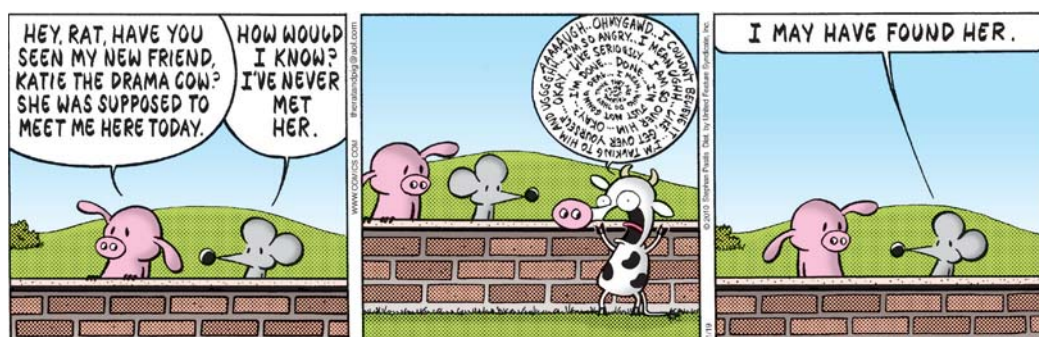
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

52 | 33

Today: Partly sunny and mild today. Partly cloudy tonight.

45 | 27

Tomorrow: Times of clouds and sun tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
40 31	38 29	40 33

Sun and Moon

Sunrise today: 7:24 a.m.
Sunset today: 5:14 p.m.
Moonrise today: 9:19 a.m.
Moonset today: 9:37 p.m.

Almanac

Normal high: 42
Record high: 69
Normal low: 27
Record low: -6

FORECAST BY ACCUWEATHER.COM ©2009

SLOW NEWS DAY

**Item as Insubstantial
As Mariah's Thoughts**

In light of her tipsy acceptance speech at the Palm Springs International Film Festival in early January, Mariah Carey says she kept the champagne to a minimum at the Golden Globe Awards. "I had, like, two sips," she told *Usmagazine.com*. The earlier speech she dismissed with a blithe, "Whatever. That was so not a big deal." (EXPRESS)



LOW BLOWS

Ex Passes Bloated, Balding Torch

Jon Gosselin ex Hailey Glassman is glad — in a way — that Gosselin has moved on to Morgan Christie, 25. "Congratulations for finding yet another young girl with a rich family," Glassman told *Radaronline.com*. "I hope he marries her so he can pay me my money back." She continued: "You know what I have to say to her? Tag, you're it! I wish him all the best, but any tears I shed for him now are tears of joy." (EXPRESS)



CHARITY

**Hollywood (and Madonna)
Donate Millions to Haiti**

Sandra Bullock said Friday she donated \$1 million toward Haitian earthquake relief, and Madonna announced she gave \$250,000 toward the effort as celebrity aid continued to pour in to the devastated country. Bullock's contribution went to Doctors Without Borders. Madonna's gift was to Partners in Health, a medical provider. Not on *Our Watch*, a group founded by George Clooney, Brad Pitt and others, also donated \$1 million to Partners in Health. (AP)



STUART FRANKLIN/GETTY IMAGES

OVERDUE

**Too
Little,
Too Late**

Several sources reported this weekend that Tiger Woods has entered a sex addiction rehab program at Pine Grove Behavioral Health and Addiction Services in Hattiesburg, Miss. The clinic calls itself "one of the nation's most comprehensive treatment campuses." Its "Gentle Path" program lasts six weeks, according to the center's Web site. *Radaronline.com* reported that Pine Grove is taking measures to keep the press from seeing Woods, including lining a wooden fence with a black tarp. (EXPRESS)



"I hope that girls don't read the article, look at the decisions that Heidi made, and think that's normal."

— LO BOSWORTH, OF MTV'S "THE HILLS," ON CO-STAR HEIDI MONTAG'S RECENT PLASTIC SURGERY SPREE. MONTAG WAS FEATURED ON THE COVER OF PEOPLE MAGAZINE AFTER UNDERGOING 10 PROCEDURES IN ONE DAY.

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